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ABSTRACT

This book offers suggestions on how to guide children to develop a healthy respect for their bodies and brains in order to avoid the lure of drugs. The information provided is designed to enable parents and teachers to speak knowledgeably and effectively about drugs with their children and students. The first chapter focuses on how to communicate with children from their early years through adolescents. The second and third chapters teach parents some basic information about how drugs interact with the body and review the legal issues surrounding drug use. The remaining chapters deal with individual classes of drugs, including alcohol, caffeine, hallucinogens, inhalants, marijuana, nicotine, opiates and sedatives, Ecstasy, steroids, and stimulants. (JDM)

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